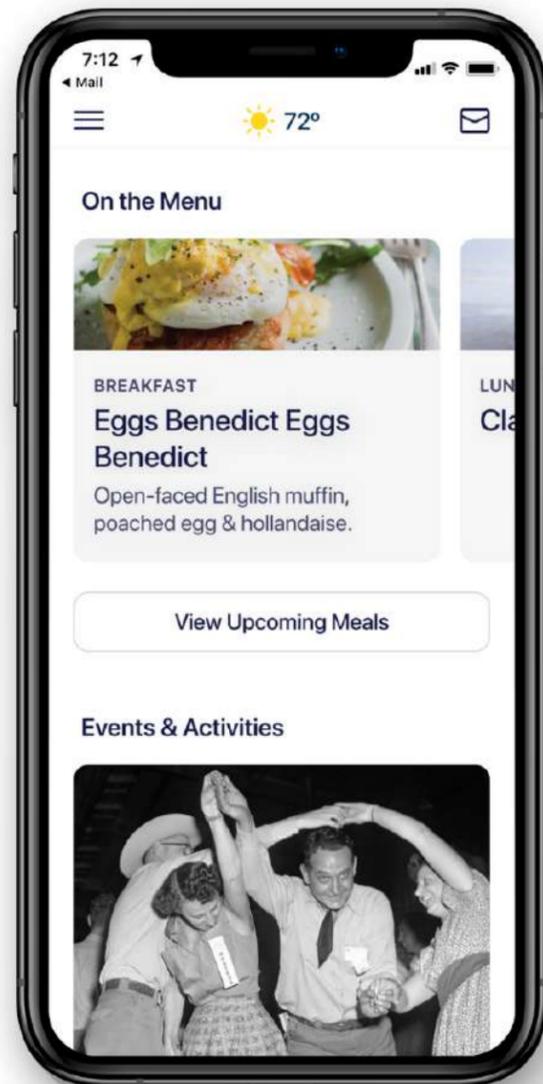


Download the new mobile app for Heritage Pointe Senior Living

- View upcoming activities and events
- See what's on the menu each day
- Access common resources
- View and share community photos
- Receive emergency alerts & updates
- Check the local weather in Marshall, MN



Access Quiltt for iOS, Android, and desktop

<https://get.quiltt.com/org/ABBHR>

Enter code ABBHR after opening the Quiltt app for the first time.



Our Community Newsletter

Discover what's going on in our community.

Let's Celebrate

<u>Resident Birthdays:</u>	<u>Staff Birthdays:</u>
2/9 Ron	2/3 Caroline
2/13 Lauraine	2/11 Ivonne
2/20 Dan	2/20 Lily V.
	2/22 Eliza
	2/25 Nikki R.

Staff Anniversaries:
2/1 Amber
2/20 Lauren

February 2026



From Director of Community Life Laurie Ourada

Hello February,
One of the reasons I love February is because of Valentine's Day. My sweethearts birthday is on Valentine's Day. He loves chocolate and extra hugs. I have to remind him that Valentine's Day isn't just about him!! I like flowers and chocolate too!!

We have alot planned for February, Lifespark games, crafts, a few outings, music by Pastor Steve, birthday social, game days, visits from the St. Stephens confirmation class, Purple University and Men's Club.

We welcome volunteers to come call BINGO for us, lead a craft, lead a presentation, help with Birthday socials, read devotions to residents, play piano, guitar, accordian. The list really is endless. You can reach out to Laurie Ourada at Heritage Pointe by calling 507-337-4330 or stop in and I am happy to show you around.

Other fun stuff

Will You Be My Valentine



Our Volunteers:

Margie Tom Terry Janna
Steve Faith Sofie Nancy
Teri H. Diane Shelia Jaen
Rhonda Hope Harbor Kristen
Pastor Steve Fire Dept. JoJo
Holy Redemer Cath.Daughters
Kris, Marshall Police Dept.
SPARKLE w/Jodi,
Nanci & Sherry

**Daily
Morning & Groove in
Community Room.**

Join friends for 500 Card
Game in Friendship room
Mon, Wed, Fri at 6:30

**Men's Club
Meets 2nd & 4th Friday at
10:45 in Community Room
to view and discuss
Historial, & Current Events,
& enjoy a cup of coffee
together.**

Facility Activites

If you're interested in volunteering.
Here are some things you could do.

- Call BINGO
- Lead a craft or art class
- Lead Mens Club
- assist w/parties

Contact:

Laurie.Ourada@lifesparksl.com

BINGO
Mon, Wed, Fri at 2:00
Community Room

Sonia's Hair Salon
Days in February 3rd, 11th,
18th, and 25th.
For appointments,
reach out to Roxy at
Heritage and she will
connect you with Sonia.
507-337-4330

From Executive Director Sara Dolan

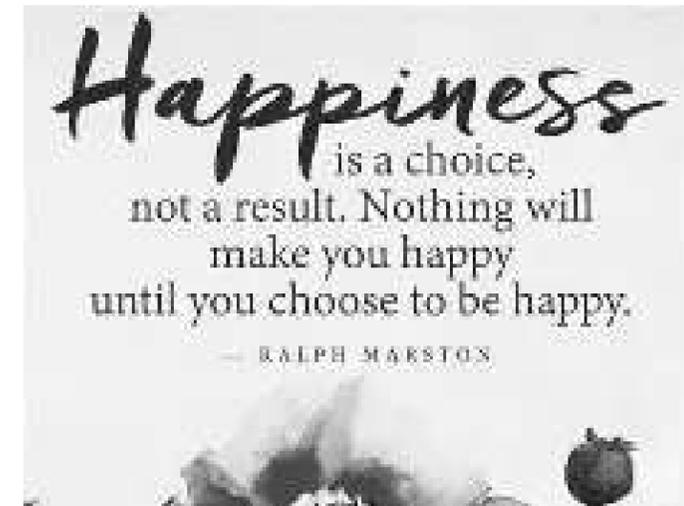
How Many Words Can You Find?

Using the letters in the game box, how many words can you create with 3 or more letters?

L	H	K	S
T	S	D	E
E	E	U	B
B	O	E	A

1	13
2	14
3	15
4	16
5	17
6	18
7	19
8	20
9	21
10	22
11	23
12	24

Thank you to all of those that filled out the Resident and Family satisfaction surveys. We just got the results back and will be working on reviewing the results and addressing any concerns. We will share the results at our February Resident Council meeting with the residents and let them know of our next steps.



From Director of Nursing Nicky Esping



Scripture

"I understand once again that the greatness of God always reveals itself in the simple things." - Paulo Coelho

So often we look for the divine in the big moments. We watch for earth-changing miracles that we cannot explain outside of faith.

And yet, every day each one of us has the same number of moments – hours, minutes, seconds – in which to experience meaning and purpose. When you consider your own spiritual journey, have you experienced sacred moments or holy encounters in the simple things? What brings a smile to your face when you see it? Who brightens your day with a simple word of greeting? What scripture or poem or song brings peace to your soul? These are the simple things. May we recognize them with gratitude and find our purpose all around us.



Dragonfly Inspiration

"The Dragonfly Way"

- D ~ Dynamic: energetic & capable of change & growth
- R ~ Resilient: bounce back from adversity & build strength
- A ~ Adventurous: willing to take risks & try new experiences
- G ~ Generous: willing to give & share with others
- O ~ Optimistic: confident about goals & positive outlook on life
- N ~ Nurturing: provides support to encourage growth & purpose
- F ~ Friendly: kind, warm & sincere in social interactions
- L ~ Loyal: faithful & devoted to self, team & cause
- I ~ Innovation: always open to new ideas & strategies
- E ~ Enthusiastic: passionate about life, family & friends
- S ~ Steadfast: resolutely firm & unwavering in purpose



Be My Valentine



FEBRUARY

U G E T A L O C O H C R P G W T T
Z Q R G I V A L E N T I N E A V W
N G M O B A J A W X X C X L S K F
X X O D U L S N V N O H H L H P M
B G V V D N B B Y Z S E B I I V P
T O A Q G Y D J S H M L G U N P N
M Z I B E G M H W J A W U Q G R H
O X S X X J W I O C A P Q G T P Q
M Z W O D A H S K G N H Z X O I S
R I R X F E D T B L Z I M S N K E
Q H E X B C F O D L I N C O L N T
C E T I P I H R D B W W E T I Y I
P A N Y H H T Y A L B Z I N L O M
U R I Q K R J H R L R Y M H N B H
V T W D C V Y B T M Z Y A D Z M O
G W D P R E S I D E N T K V H L F
M A U O I G U D L I Y L V N B O S

WASHINGTON
VALENTINE
HISTORY
HEART

CHOCOLATE
GROUNDHOG
WINTER
BLACK

PRESIDENT
LINCOLN
SHADOW
DAY

The Old Man and The Bear

Written by: Deanna, Betty and Rosemary

A wizened old man was sitting on a bench under the winter moonlight. He was wondering where all the people were. A big burly bear appeared out of nowhere, "What are you doing here little old man?" the bear asked. "Enjoying the moonlight." He replied, "I wanted someone to talk to." So he invited the bear to sit down. They talked about how cold the winter night was. The man questioned the burly bear, "How can I talk to you?" The bear replied, "Because I talk like everyone else. I talk to the little bears too. They get on my nerves sometimes." The bear offered for the little bears to visit the old man. "I have to go home now. Good night." Said the bear.



Illustrated by Sara

